

# NEWS

October – 2002 A CWN Publication

*Networking Enhances Women's Success*

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## **October Meeting Hormone Balancing 101, Balance Your Hormones Balance Your Life**

**By  
Renee Futter, Arbonne International**

Do you suffer from: PMS, sleep disturbances, hot flashes, lack of concentration, vaginal dryness, dry, thin, wrinkly skin, fibrocystic breasts, bone mineral loss, depression, water retention, inability to handle stress, headaches, loss of sex drive, unexplained weight gain, mood swings, irritability, uterine fibroids, or fatigue? If so, according to Dr. John Lee, author of *What Your Doctor May Not Tell You About Premenopause*, *What Your Doctor May Not Tell You About Menopause*, and *What Your Doctor May Not Tell You About Breast Cancer*, the cause may be due to Estrogen Dominance. HRT (hormone replacement therapy) increases the risk of all of the above.

Throughout the course of a woman's life, the hormones estrogen and progesterone are constantly fluctuating. It is the imbalance between these two hormones that can cause the symptoms of PMS and menopause and accelerated bone loss after menopause. If you suffer from breast swelling and tenderness, fatigue, hot flashes, night sweats and mood swings, your hormones may not be in balance. Natural progesterone is recommended to help balance your hormones naturally. It has been used successfully to help reduce the symptoms and discomfort of PMS and as a natural alternative to hormone replacement

therapy, without the side effects. It has also been used to help with bone mineral loss, or osteoporosis. The most desirable way to use natural progesterone is in a transdermal (absorbed through the skin) cream, containing 400-500 mg of progesterone per ounce, supplying 20 mg of progesterone per dose. Arbonne's Balancing Creams were formulated to meet these specifications! PhytoProlief and Prolief are natural progesterone creams that are applied topically, to ensure optimal absorption and utilization by the body. They both contain 480 mg of progesterone per ounce and are conveniently packaged in a dose-metered pump, so each dose supplies 1/4 teaspoon containing the recommended 20 mg of progesterone. There's no confusing and messy measuring!

PhytoProlief is a natural progesterone cream containing herbs known to help relieve the symptoms of PMS and menopause. Many of these herbs are termed phytoestrogens, or natural estrogens from plant sources, capable of helping to balance the powerful and sometimes harmful effects of too much or too little estrogen. Arbonne's PhytoProlief has the added herbs: Black Cohosh, Chaste Tree Berries, Dong Quai, Evening Primrose Oil, Red Clover, Licorice, Alfalfa and Ginseng.

To learn more about Arbonne's PhytoProlief, contact Renee Futter, 909.949.3873, [futterr@earthlink.net](mailto:futterr@earthlink.net), or [www.reneefutter.myarbonne.com](http://www.reneefutter.myarbonne.com)

## More Women's Health Issues

### Pearl Holliday, DBH

I am dealing with a temporary disability-arthritis of the knees. I've been dealing with this for about one year. I was amazed at how little that my health care providers knew about this illness. So I tried to educate myself on this illness in order to help my treatment to be more effective. I've listed some information below from the Arthritis Foundation website. The information on WOMEN AND ARTHRITIS states that: "At least 26 million women of all ages are affected by some type of arthritis. Some rheumatologists estimate that **four out of five arthritis patients are women, and for some arthritis related conditions, women outnumber men 10 to one. Arthritis in women can lead to reduced mobility, job loss, chronic pain, fatigue, and depression.**"

Other website information deals with:

- October is National Lupus Month
- Information on what Lupus is
- How to Care for Yourself
- Information on Arthritis in general
- How to handle Marriage and Family. Intimacy is particularly difficult without proper pain management techniques. Also, kids and children can have arthritis.
- A Message Board that gives information on Women and Arthritis, Coping Skills, Parents/Parenting, etc.

Referenced Websites:

[www.arthritis.org/default.asp](http://www.arthritis.org/default.asp)

[www.arthritis.org/communities/surviveandsucceed/main.asp](http://www.arthritis.org/communities/surviveandsucceed/main.asp)

[www.arthritis.org/resources/relationships/marriage\\_and\\_family.asp](http://www.arthritis.org/resources/relationships/marriage_and_family.asp)

[www.arthritis.org/resources/arthritisoday/2002\\_archives/2002\\_03\\_04when\\_kneesgobad.asp](http://www.arthritis.org/resources/arthritisoday/2002_archives/2002_03_04when_kneesgobad.asp)

[www.arthritis.org/conditions/self\\_care.asp](http://www.arthritis.org/conditions/self_care.asp)

## WOMEN

They smile when they want to scream.  
They sing when they want to cry.  
They cry when they are happy and laugh when they are nervous.

They fight for what they believe in.  
They stand up for injustice.  
They don't take "no" for an answer when they believe there is a better solution.

They go without new shoes so their children can have them.  
They go to the doctor with a frightened friend.

They love unconditionally.  
They cry when their children excel and cheer when their friends get awards.

They are happy when they hear about a birth or a new marriage.  
Their hearts break when a friend dies.

They have sorrow at the loss of a family member, yet they are strong when they think there is no strength left.

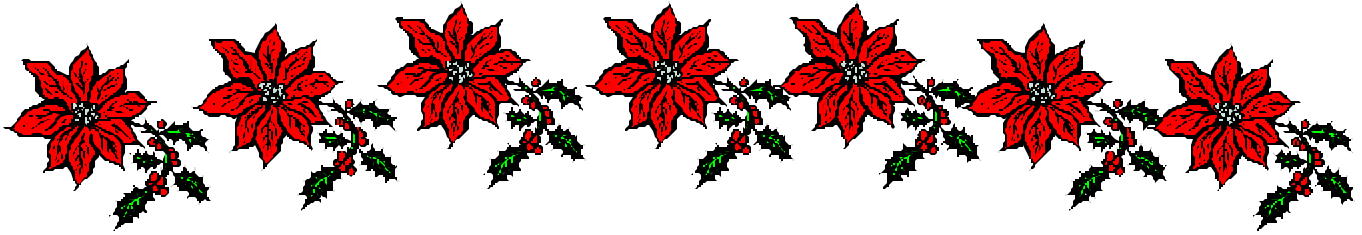
They know that a hug and a kiss can heal a broken heart.  
Women come in all SIZES, in all colors and shapes.

They'll drive, fly, walk, run or e-mail you to show how much they care about you.

The heart of a woman is what makes the world spin!

Women do more than just give birth.  
They bring joy and hope.  
They give compassion and ideals.  
They give moral support to their family and friends.

Women have a lot to say and a lot to give.



**County Women's Network (CWN)  
is Hosting a**

## **Holiday Boutique \***

*Before and After* the regularly scheduled meeting on:

**Wednesday, November 20<sup>th</sup>**

*\*(Some vendors prefer CASH )*

**Special Raffle Tickets on Sale for December Holiday Reception: \$2 each/3 for \$5**

**Raffled items include, but are not limited to:**

**Gift certificates to: Hometown Buffet, Fridays, Claim Jumpers,  
International Skin and Body Spa  
Universal Studio Passes and Entertainment Books**

A special thanks to all the sponsors listed above for donating the gift certificates and to  
SBPEA, Chris Prato for two passes to Universal Studio

*(The following have Entertainment Books for purchase)*

Dena Smith, PERC, 387-8558  
Linda Urquizu, ED/PSG, 387-4731  
Lynda Matejka, DCS/ARD, 383-9701  
Zelda Verrett, Assessor, 387-9122

Maria Musgrave, DCS-VV, (760) 243-6791  
Hazel Lambert, DCS/SS, 891-3635  
Dee Irving, Agriculture Dept., 387-2116



# CWN MONTHLY MEETINGS

WILL BE HELD AT

THE MEADOWS BANQUET & CONFERENCE CENTER

The Meadows Banquet and Conference Center,  
225 North Del Rosa Drive, San Bernardino, CA 92408,  
Phone: 909.382.0307

## **DIRECTIONS:**

1. From the **I-10 Freeway**, exit at Tippecanoe and go north.
2. Continue on Tippecanoe until you reach Harry Sheppard Blvd. Make a right turn and head east.
3. Continue on Harry Sheppard Blvd. until you reach North Del Rosa Drive. Make a left turn and head north.
4. On the right hand side, you will see an entrance/driveway to The Meadows facility, which is located just south of Third St.

1. From the **215 Freeway**, exit at Mill and go east.
2. Continue on Mill until you reach Tippecanoe. Make a left turn and head north.
3. Continue on Tippecanoe until you reach Harry Sheppard Blvd. Make a right turn and head east.
4. Continue on Harry Sheppard Blvd. until you reach North Del Rosa Drive. Make a left turn and head north.
5. On the right hand side, you will see an entrance/driveway to The Meadows facility, which is located just south of Third St.



entertainment  
The Premier Source for Discounts and Promotions

The County Women's Network is now selling Entertainment Books for the Inland Empire (San Bernardino, Riverside to Temecula, including Mountains & Palm Springs area) and San Gabriel Valley (Glendale, Pasadena, Claremont, Ontario and surrounding area) at \$20 each. They're great for the expanding family and make great gifts, too!

The Entertainment Books are jam-packed with coupons good at restaurants (fast-food and semi-formal), attractions (like Legoland, Raging Waters, Pharaoh's, San Diego Zoo), grocery stores, car washes, movie theatres, Hollywood video, coffee houses, dry cleaners, fresh cut flowers, GOLF, snow skiing, car rentals, traffic school, cruises, and much, much more! Most coupons expire November 1, 2003.

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See's  
**CANDIES**



Alvina Hollensbe will be coordinating CWN's annual See's Candy novelty sales for the holiday season. All proceeds from candy sales go directly back to CWN.

At just \$4 each, these items are the perfect "little something" for babysitters, hairdressers, teachers, co-workers, secret pals, stocking stuffers or, even for yourself.

I am currently taking pre-orders. I will receive a large candy shipment on November 26 and set aside your pre-order at that time. Please order early as these items are a big hit every year! Please make checks payable to CWN and mail to Alvina Hollensbe's attention at Court Admin-0302. There is no sales tax.



### UPCOMING TOPICS - SAVE THESE DATES!!!

© November 20, 2002 - The Road Less Traveled

© December 2002 - Annual Holiday Reception

© January 2003 - Successful Women Have a Dream

© February 2003 - Adventures in Investing—Taking Control of the Reins

## TRAINING - 11/2002 - 01/2003

**Business Writing Basics for Professionals**  
11-25-02 - Ontario

**The Conference For Women**  
01-14-02 - Pasadena

**Managing Multiple Projects, Objectives and Deadlines**  
12-04-02 - Ontario  
01-14-03 - San Bernardino

**The Conference on Leadership Development & Team-building**  
12-16-02 - Pasadena  
12-18-02 - Anaheim

SkillPath Seminars  
[www.skillpath.com](http://www.skillpath.com)  
1-800-873-7545

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#### General Web Resources

If you would like a list of multiple internet sites that provide resource information, please e-mail Linda Dorsett @ [ldorsett@courts.sbcounty.gov](mailto:ldorsett@courts.sbcounty.gov). Linda is also on the County Global e-mail list.

***"Experience is what you get when you didn't get what you wanted."***

Fred Pryor Seminars -- 1-800-556-2998  
[www.pryor.com](http://www.pryor.com)

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**University of CA @ Riverside  
Extension & Summer Sessions**

Professional and Continuing Studies  
[www.ucextension.net](http://www.ucextension.net)  
(909) 787-4111 - information  
(909) 787-4105 - for a copy of their catalog

\* \* \*

**Websites that provide information on preparing  
POWERPOINT presentations:**

[www.fgcu.edu/support/office2000/ppt](http://www.fgcu.edu/support/office2000/ppt)  
[www.ga.k12.pa.us/curtech/powerwk.htm](http://www.ga.k12.pa.us/curtech/powerwk.htm)  
[www.bitbetter.com/powertips.htm](http://www.bitbetter.com/powertips.htm)

\* \* \*

**Dale Carnegie Training**  
Sales, Leadership and Work Skills  
1-800-628-DALE (3253)

\* \* \*

Hospitality Toastmasters  
222 W. Hospitality Lane  
Contact: Vonnie Yates, 909.386.9012

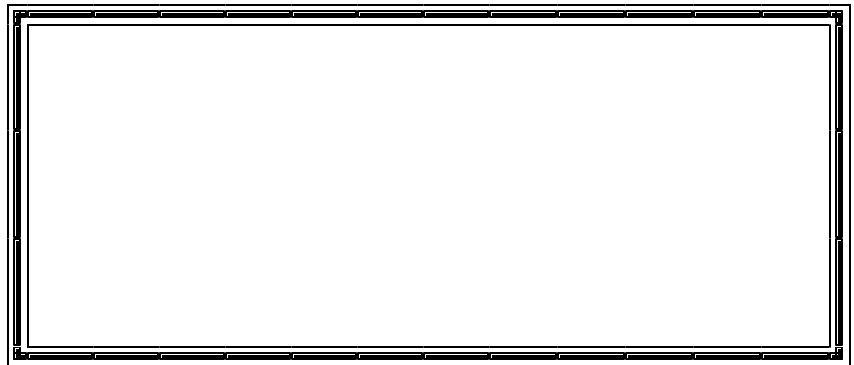


Lynda L. Matejka, Publisher  
c/o HSS-DCS-ARD  
825 E. Hospitality Ln. 2nd floor  
San Bernardino, CA 92415

IOM: DCS-ARD—0079

*"All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience"*

GETTING THE NEWS OUT TO OUR MEMBERSHIP.



## NEWS

### CWN MEMBER MAILING LIST

Please notify Zelda Verrett, VP-Membership, if your job position, address, and/or phone number has changed.

A current mailing list will ensure you don't miss any issues of CWN News or information regarding the monthly meetings.

**PROMOTIONS: Jacqueline Doucette-Glover** was promoted to Supervising Fiscal Clerk I 08/24/02  
**CONGRATULATIONS TO EVERYONE WHO RECEIVED PROMOTIONS!**

### QUESTIONS?

You may send questions, inquiries, and/or suggestions to CWN at our e-mail address.

**sb\_cwn@yahoo.com**

CWN is looking forward to hearing from **YOU!**

### REQUEST FOR COMMITTEE VOLUNTEERS

Please let us know if you are interested in serving on any of the following committees: Training, Scholarships, Programs, Special Projects, Bylaws, Finance, Membership, Newsletter, and/or Door Prizes.

Thank you in advance for your assistance!

### JOB OPPORTUNITIES

Following are websites for employment opportunities with the County, County Schools and Courts:

**County:** [www.sbcounty.gov](http://www.sbcounty.gov)  
County employees who do not have Internet access at work can find the current list of job openings from the Outlook folder list. To access this information, select:

- Public Folders
- All Public Folders
- County-Wide Information
- Employee Related Topics
- Job Announcements

**Schools:**  
[www.sbcusd.k12.ca.us/humanresources](http://www.sbcusd.k12.ca.us/humanresources)

**Superior Court:**  
[www.sbcounty.gov/courts](http://www.sbcounty.gov/courts)